

Wallsburg News

by LaRee Pedro
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Paul and Maurine Carlson

Spotlight: Maurine and Paul Carlson: Born in Pleasant Grove, Paul moved to Charleston at the age of eight. He finished school in Charleston and later Wasatch High School. Paul worked at Excelsior Plant in Charleston, where he made wood shavings and strips, used for packing products. While farming, throughout his life, he also worked as Forest Personnel for fifteen years. He received "Superior Performance" in his duties as Forestry Technician. Also the "Outstanding Service of Youth Award." (Forestry).

Paul has been a construction worker, Town Board member (Charleston), Bishopric Counselor, MIA President, active in Scouting, and currently a Provo Temple Ordinance Worker. He is High Priest Group Leader in Wallsburg Ward. Past hobbies have included hunting, and going to wrestling meets with his sons.

Maurine grew up and went to school in Charleston. She later attended Wasatch High School, and then worked as a maid while attending Weber College. Maurine has served as PTA President, State PTA Council State representative, Parents Advisory committee, a 4-H Counselor, Committee for The Modernization of Wasatch County Government, Chairman of The Arts Department of the Fair Board.

Church positions: held Teacher

in all the organizations, Primary and Relief Society Stake Boards, Ward Relief Society President, MIA Counselor, Secretary in each of the organizations.

Paul and Maurine were married Sept. 30, 1937 in the Salt Lake Temple. They lived in Charleston until 1952, until they purchased their farm in Wallsburg, and moved here to raise their nine children. Clyde (deceased, 1967, in Emco plant fire); Dean, Wayne, Dale, Glen, and Joe. (raised two nieces, twins, Jane and Janet), and Laree (last born).

When they first moved to Wallsburg, they lived in a 8x12 cabin. The boys slept in a tent to the side until their home was completed the next year. Having lived in Wallsburg for 36 years, working together all their lives, Paul and Maurine enjoy traveling to North Carolina, where they fulfilled an LDS Mission; Korea, Japan, Florida, Canada, and Hawaii. They have 32 grandchildren, and one great-grandchild.

Thinking Aloud: Christmas brings with its expectations many moods. Some moods are of a positive nature, while all too often moods can turn to the feeling of a low or bad mood. Of course, we're all entitled to our off day now and then, but to have a bad mood during the most celebrated holiday of the

year is unforgivable! So here are some techniques to try when your feeling low this season. The next time you feel out of sorts, don't head for the drug store — try one of these antidotes.

Exercise: Of all the mood-altering self-help techniques, aerobic exercise seems to be the most efficient cure for a bad mood. "If you could bottle exercise and sell it over the counter, you'd make a fortune." The key is aerobic exercise — running, cycling, brisk walking, swimming or other repetitive and sustained activities that boost the heart rate, increase circulation and improve the body's utilization of oxygen. Do them for at least 20 minutes a session three to five times a week.

Use Color: As a certified Color Analyst, I know that color can be a nutrient for the mind just as vitamins are for the body. To defuse irritability and anger, to counteract depression, avoid wearing or surrounding yourself with colors that make you feel down — black or dark blue, for instance. Go for warm bright, active colors that lighten your mood. To help alleviate anxiety and tension choose neutral colors that have a soothing, calming effect. Soft shades of blue, for example, are often used in hospitals to calm patients.

Try Music: When you come home after a hard day's work (or if you're already home) remember, to match music to your existing mood; then you gradually change the music to reflect the mood you want to attain. (Trust me, it works!)

Eat Right: Scientists have reported a basic link, common to almost everyone, between food and mood. Low calorie carbohydrates such as popcorn, pretzels are just as effective as more fattening ones, doughnuts, potato chips, for making us feel calm and relaxed. Protein eating tends to sustain alertness and mental energy. The best ones being fish, chicken, veal and lean beef.

Lighten Up: National Institute of Mental Health studies have found that many people are susceptible to a type of winter doldrums called

seasonal affective disorder (SAD). Persons suffering from SAD, may benefit from spending more time outdoors during the winter months (Take up skiing, or some other outside activity.) The key is simply to surround yourself with more light.

Think Positive: People are often depressed when their thought patterns are negative and distorted. The message seems to be: Think positive thoughts, and you're actually more likely to feel happy. Remember, Christmas comes but once a year!

Santa arrived in the Wallsburg Valley last Monday night to the delight of everyone. Residents were asked to tie up their dogs so as not to scare the reindeer. Each home received a visit from Santa bearing a gift (oranges) for each family member. All in all everyone enjoyed this special tradition known to this Valley.

Leon Brimhall and Verge Thompson enjoyed a day snowmobiling Saturday at Strawberry Peak area. Leon was anxious to try out his new Polaris snowmobile.

The Draper family enjoyed their family Christmas Party held at Verge Draper's home in Heber City. Attending were Helen Draper, Wallsburg; Connie and John Provost, and son, Joshua, Carl and Geri Draper, Clint and Marede Draper, and Toshi. The highlight of the evening was a visit from Santa Claus.

Rodeo enthusiasts Wayne and Jane Gardner, Jim and Nellie Thompson, Verge Thompson, Dora Daily, Dot and Harold Brimhall, Gordy and Angela Jepperson, enjoyed the PRCA National Finals held in Las Vegas recently.

Tom Hicken was able to be home for a few days with his family before returning to Camp Pendleton, CA, where he is laying brick for the Army barracks. His children look forward to his next stay at Christmas.

Church News: Wallsburg Ward reminds everyone only Sacrament meeting will be held Christmas Day (Sunday). Plan to attend with your family Sunday morning at 9

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James Ballstaedt
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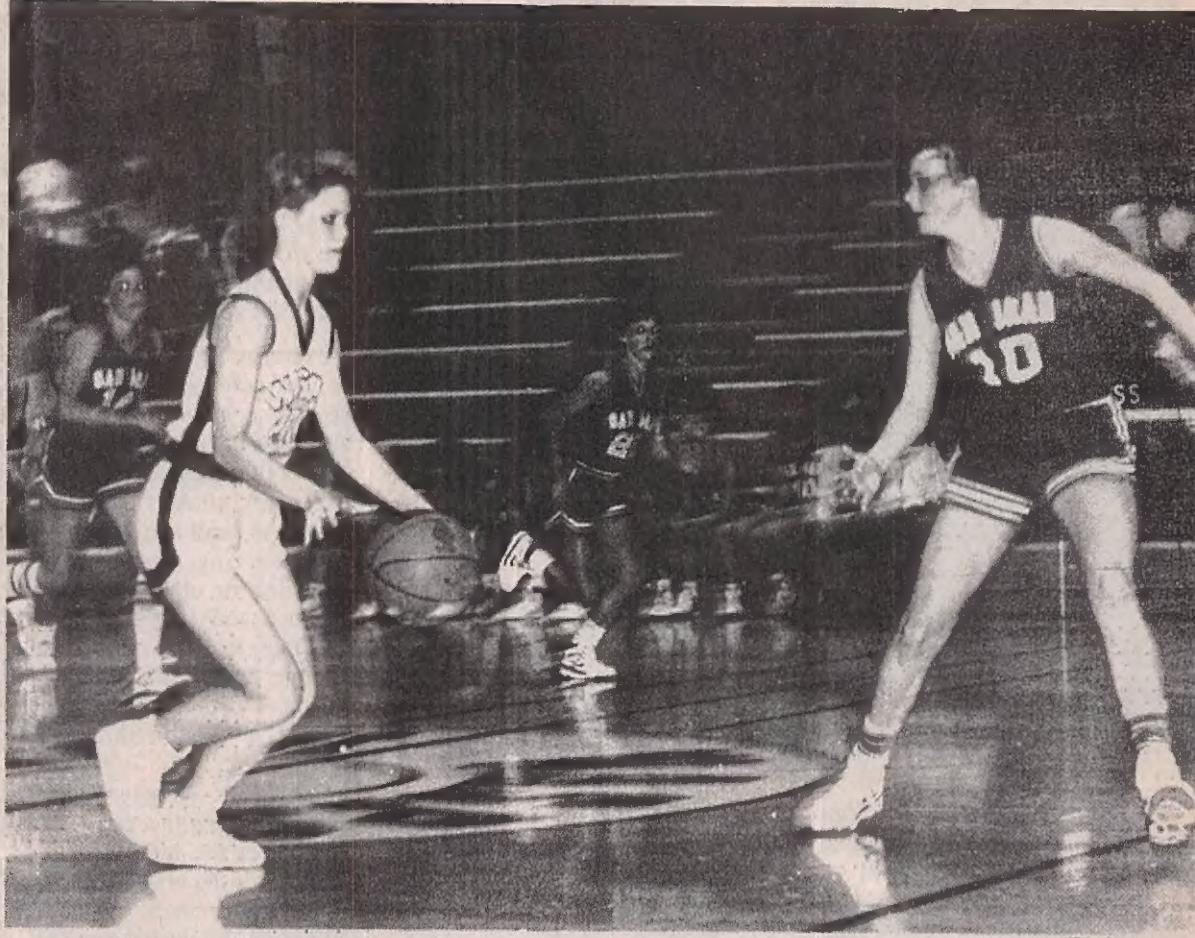
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WHS vs Cedar
SCORING
Chad Parker 6-11 13
Van Pinter 3-9 10
Paul Berg 7-18 15
Shayne Cluff 1-4 2
Quinn Davis 2-5 8
Doug Cook 1-2 2
James Ballstaedt 0 0-3
Curtis Mair 0-1 1

WHS vs CEDAR
REBOUNDS
Chad Parker 7
Van Pinter 5
Paul Berg 2
Shayne Cluff 1
Quinn Davis 2
Doug Cook 2
James Ballstaedt 0
Curtis Mair 0

0

WHS vs Skyview
SCORING
Chad Parker 5-8 10
Van Pinter 8-16 20
Paul Berg 5-11 12
Shayne Cluff 1-2 2
Quinn Davis 6-10 15
Doug Cook 0-2 0
James Ballstaedt 0-2 0
Curtis Mair 1-2 2



Sharilyn Horner brings the ball upcourt against San Juan earlier this season.

Lady Wasps Look Forward to Christmas Break

After a couple of weeks that would frustrate a saint, the Lady Wasp basketball team draws closer to the Christmas moratorium and some needed rest. "We had so many of our kids that were sick last week that it was tough just keeping a team on the floor," said Coach Verle Tolley.

North Summit and Lehi both handed Wasatch defeats last week, in spite of some fine play by the Wasps. The problem was that they couldn't sustain the level of play needed to win for the entire game. "At one point in the North Summit game, we had to take Shanna (Gappmayer) out because she was playing in a cold sweat from the flu. She rested for a few minutes and then said she was ready to go back so we put her back into the game. After a trip up and down the floor, she ran past the bench and told me that she was not as well as

the effect of the illness on his team. "To give you an idea of how hard Shanna was playing even as sick as she was, she held North Summit's Jennifer Jones, who was averaging over 20 points per game, to just one field goal during the game."

Shanna wasn't the only sick player. Tonya Berg, Sharilyn Horner, and Stefanie Gappmayer were sick as well, giving the Wasatch bench a real challenge to hold back the Braves.

The Lehi game was a new experience for the Wasps as they lost to the Lady Pioneers for the first time since Coach Tolley has been at Wasatch. "They are a very talented team," said Coach Tolley of the Lehi club. "All five of their starters are good ball handlers. They are all seniors who played last year. They are strong, mature players with a good team concept. We knew that we had played a good

Lehi applied a press that Wasatch was not able to handle. By the end of the first half Wasatch trailed by 27 points. The second half, was a little better for the Wasps, but the lead that they had given to Lehi was so large that they were not able to overcome it. The final score was WHS 48 Lehi 75. Hollie Webster led Wasatch with 15 points. Stefanie Gappmayer had 12. Heather Webster had 7 while Shanna Gappmayer and Sharilyn Horner both had 6 points.

This week the girls meet Union Wednesday at Roosevelt. They then begin a Christmas break that will last into January. Between January 5th and February 2nd, the Lady Wasps will play eight games, six of them at home. After a month of playing most of their games on the road, it will be nice to get ba-